



My Health Matters

Made by Council for Intellectual Disability

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My important health information



Use this page to tell us about your important health information.

This might be

- Health issues you have now
- Things you are **allergic** to.

Allergic means you may get very sick from some things like medicines, nuts or bees.



You can write, draw or stick photos.

My important contacts



Health workers may need to talk to the important people in your life.



You can write down the names of the important people in your life.

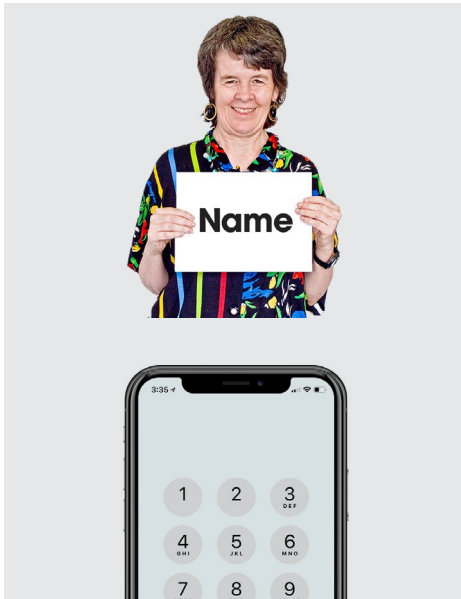


This could be a

- Partner or family member
- Friend
- Support worker
- **Guardian.**



A **guardian** is someone who can make decisions for you.

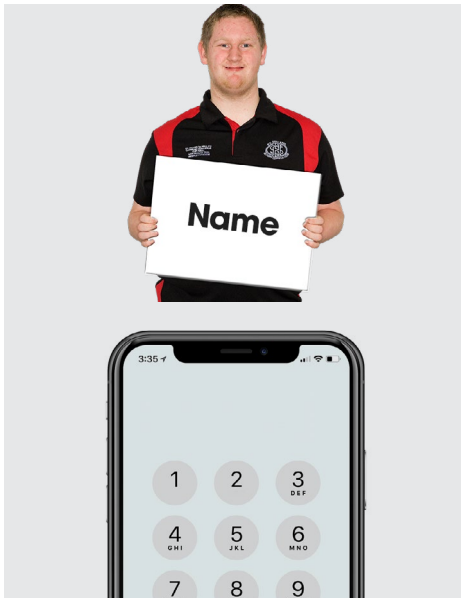


Name _____

Phone number

Call this person when I get health care.

Yes No

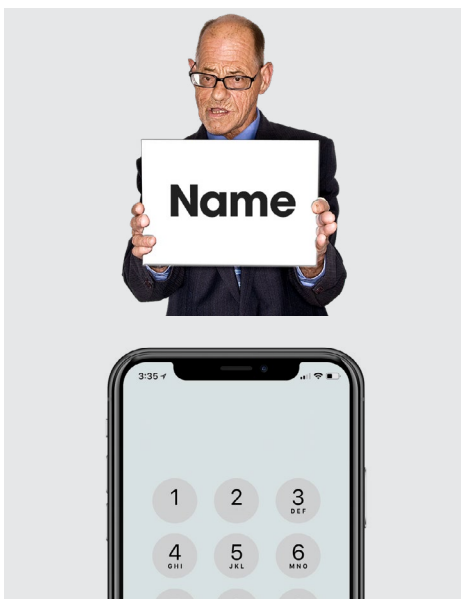


Name _____

Phone number

Call this person when I get health care.

Yes No



Name _____

Phone number

Call this person when I get health care.

Yes No

My card numbers



On this page you can fill in all of your card numbers.



My Medicare number is



My Health Care card number is



My pensioner concession card number is

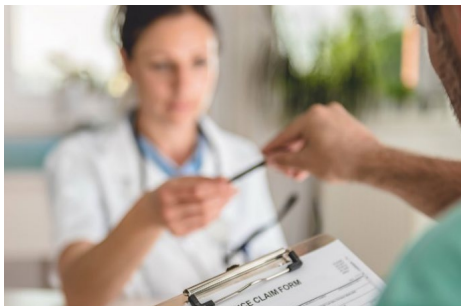
My private health insurance



Some people have private health insurance.



That means they pay money to get extra health care.



I have private health insurance.

Yes

No



My private health insurance is called



My private health insurance card number is

My NDIS plan



I have an NDIS plan.

Yes

No



My NDIS number is



My next **plan reassessment meeting** is on this date

Plan reassessment meeting is when you look at your NDIS plan with an NDIS worker.



My NDIS plan ends on this date

Speaking up with my health workers

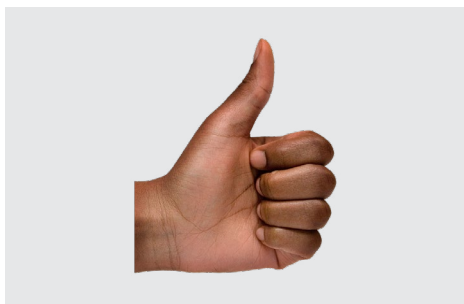


Health workers will sometimes do things like

- Check if you have a fever
- Ask you for a blood test.



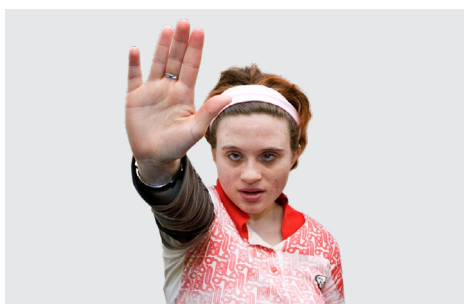
Health workers should ask if you understand what they want to do.



They should ask you if it is ok.



They should check you are still ok when they do it.



You can tell them to stop at any time.

Health choices

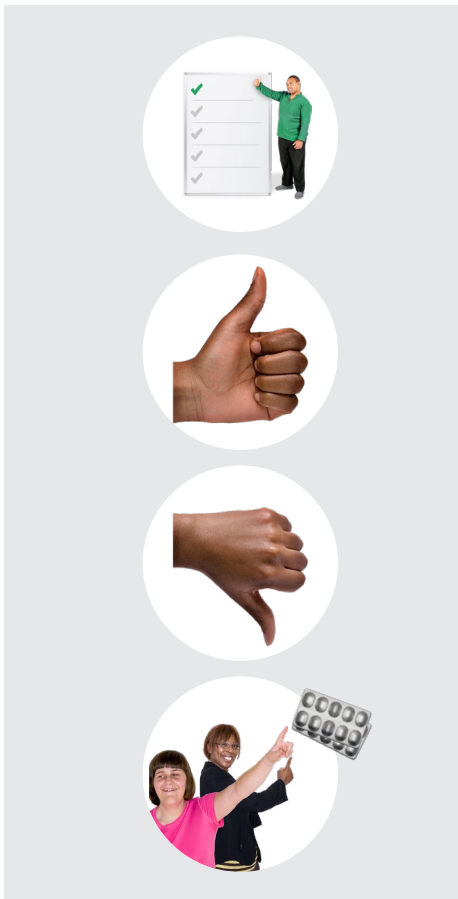


You can make **health choices** about things like

- Doing a test like a blood test
- Taking medicines.



You can tell your health workers if you need support with your **health choices**.



Tick the box that is right for you.

I make my own health choices.

Yes

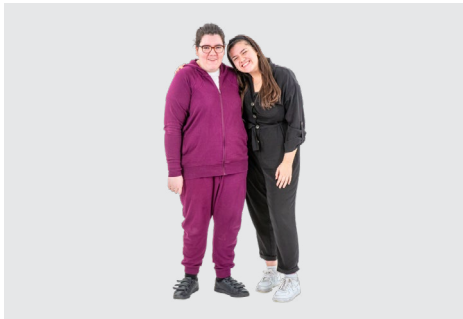
No

Sometimes

People who support me to make health choices

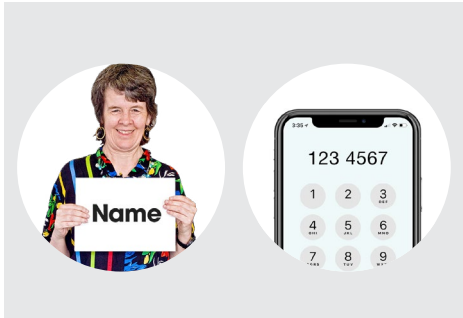


Write down the people who support you to make health choices.



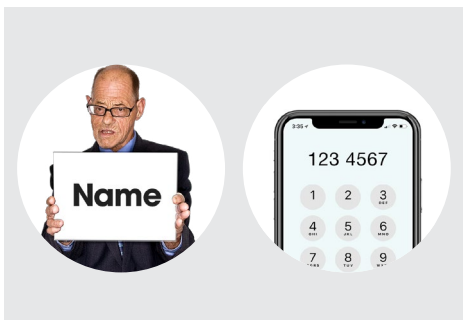
This could be a

- Partner or family member
- Friend
- Support worker
- Guardian.



Name

Phone number



Name

Phone number

My medical history

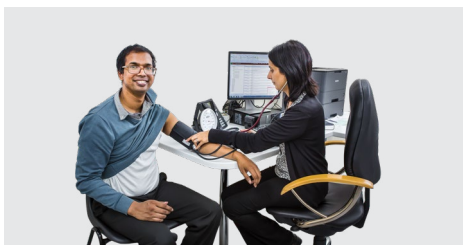


You can ask your doctor to write down your **medical history**.



Your **medical history** means

- Your health issues
- Times you went to the doctor or hospital
- Your medicines.

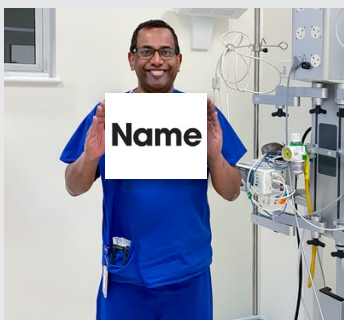


It is good to have a **annual health assessment** every year.

Annual health assessments are sometimes called health checks.



I had my last health check on this date



Name of the doctor who did my last health check



You can ask your doctor or house manager to write down your medical history here.

A large rectangular area with a pink border and rounded corners, containing ten horizontal lines for writing.

📅 This part was filled in on this date _____

👤 Name of person who filled it in _____

My medicine



It is important to tell your doctor about all the medicine you take.



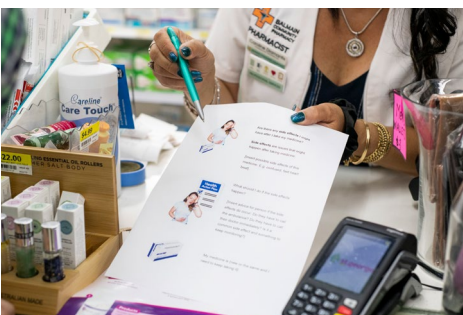
You can bring all your medicine when you see your doctor.



You can use a box like a Webster-pak to keep your medicine in.



Ask your chemist to fill in the CID Tailorable Easy Read Medicine Letter.



The letter will say what your medicine is for and how to take your medicine.

You can find it here [cid.org.au/
resource/easy-read-health-letters](https://cid.org.au/resource/easy-read-health-letters)



You can ask your chemist to write your medicine list on this page.

A large rectangular area with a pink border and six horizontal lines for writing.



Name of my chemist

Phone number

📅 This part was filled in on this date _____

My health workers



In this part you can write down all the doctors and health workers you see.



Name of my **doctor** or **GP**

Phone number



Name of my **dentist** who looks after my teeth

Phone number



Name of my **psychologist** or **psychiatrist** who supports my mental health

Phone number



Tick the boxes of other doctors or health workers you see.

It is OK if you see other health workers that are not on these pages.



Behaviour Support
Practitioner



Eye Doctor



Hearing Specialist



Speech Therapist



Occupational
Therapist



Podiatrist



Neurologist



Dietitian



Social Worker



Tick the boxes of other doctors or health workers you see.

It is OK if you see other health workers that are not on these pages. You can write details for all your health workers on the next page.



Physio



Exercise Physio



Disability Liaison
Officer



Aboriginal Health
Worker



Nurse



Other specialist



The CID My Health Worker Guide says more about different health workers and what they do.

You can find it here cid.org.au/resource-category/health



You can write details for all your health workers here.



Name of my.....

Phone number



Name of my.....

Phone number



Name of my.....

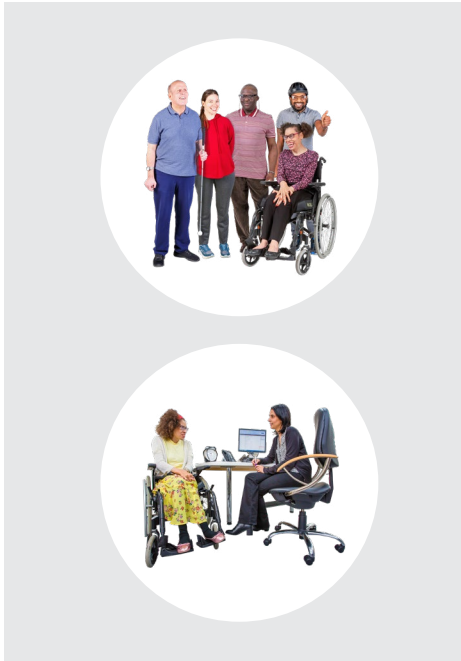
Phone number



Name of my.....

Phone number

My health plans



Some people have **health plans**.

Health plans help you

- Look after your health
- Give information to your health workers



You can tell your health workers about your health plans.



You can also put copies of your health plans into this folder.

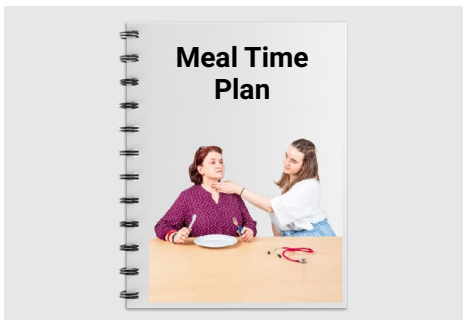


Tick yes or no for each of the health plans.



A **meal time plan** says

- what to eat and drink
- how to safely eat and drink.



I have a **meal time plan**.



Yes



No



A **feeding plan** is for people that get food with a feeding tube.



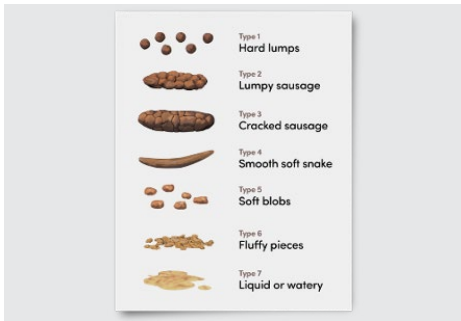
I have a **feeding plan**.



Yes

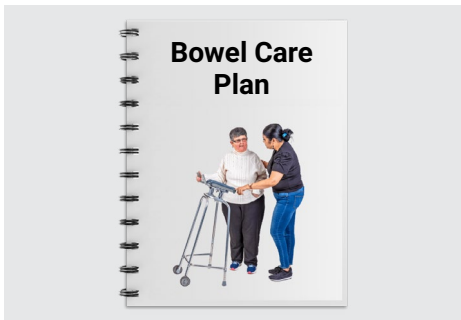


No



A **bowel care plan** says

- What your poo should look like
- How to support you if your poo changes



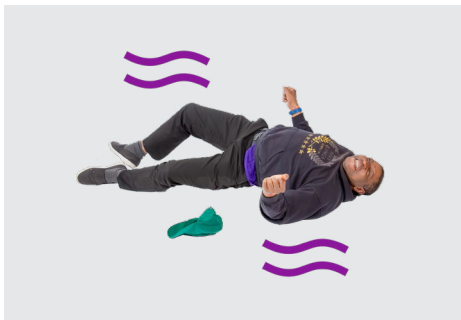
I have a **bowel care plan**.



Yes

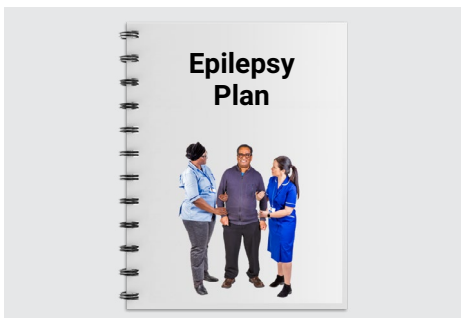


No



An **epilepsy plan** tells others what to do when you have a **seizure**.

Seizure means something in your brain changes how you move and feel.



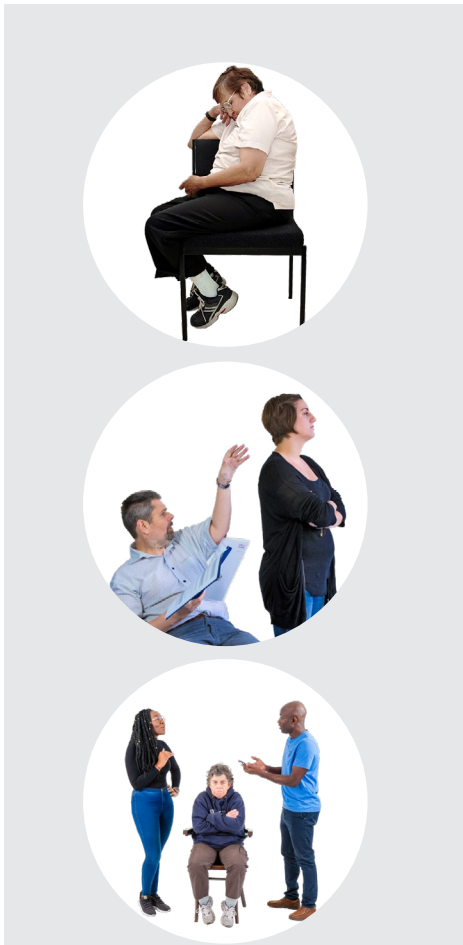
I have an **epilepsy plan**.



Yes



No



You might have a **behaviour support plan** if people have trouble knowing what you want and need.

This might happen when

- You feel sad or sick
- You want or need something
- You do not have the right support



A behaviour support plan helps other people to know what makes you feel happy and safe.



I have a **behaviour support plan**.



Yes



No



A **mental health plan** says how you look after your mental health.

Mental health means how you feel and cope with things.



I have a **mental health plan**.



Yes



No

I have other health plans like



This is the new My Health Matters Folder.

Council for Intellectual Disability made this folder in 2023.

We made it together with people with intellectual disability and health workers.

We want to thank everyone who helped make it.

We got money from the Australian Government to make this folder.

The money is part of a program called Information Linkages and Capacity Building.

For more information contact CID

 **Call 1800 424 065**

 **Email health@cid.org.au**

 **Website www.cid.org.au**



Scan QR code for more CID health resources